

Health Matters

LOUISVILLE METRO



*"To protect, preserve
and promote the health,
environment and well-being
of the people of Metro
Louisville."*



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LOUISVILLE METRO PUBLIC HEALTH AND WELLNESS



Dr. LaQuandra Nesbitt, MD, MPH

Dr. LaQuandra Nesbitt Joins Public Health and Wellness as Director

After a nationwide seven-month search, Dr. LaQuandra S. Nesbitt has been named to lead the Louisville Department of Public Health and Wellness. Dr. Nesbitt began her tenure as the director of Public Health and Wellness in July. She will also have a faculty appointment at the University of Louisville School of Public Health and Information Sciences.

Dr. Nesbitt comes to Louisville after serving as deputy director of community health administration for the District of Columbia Department of Health, one of the nation's largest urban health departments. "Our loss is Louisville's gain," said Dr. Mohammad Akhter, director of the Department of Health in the District of Columbia. "She's very uniquely qualified to be the health director in Louisville."

Louisville Mayor Greg Fischer said that he selected Dr. Nesbitt to lead Louisville's Public Health and Wellness Department from many strong candidates from across America. "We're thrilled to have her on our team," said Fischer. "Dr. Nesbitt is strongly qualified to lead our charge for making Louisville a much healthier city for all of our citizens regardless of economic status, race or ethnicity."

Before coming to the District of Columbia, Nesbitt worked at the University of Maryland School of Medicine as an assistant professor in the Department of Family & Community Medicine and as senior coordinator for health disparities and policy research initiatives in its office of policy and planning. She has

also worked part time at various medical centers. She earned a bachelor's degree from the University of Michigan at Ann Arbor in 1999, a medical degree from Wayne State University School of Medicine in Detroit in 2003 and a master's of public health from the Harvard University School of Public Health in 2007.

She's also done mentoring and teaching and has volunteered for several organizations. From 1999-2001, for example, she helped provide health services to poor people under the supervision of a physician in Detroit. She also took part in the Commonwealth Fund Harvard University Fellowship in Minority Health Policy in 2006-2007.

"I'm tremendously excited about this new opportunity," Nesbitt said. "Louisville is a wonderful city, but one with significant health challenges. I look forward to working with community leaders and partners to continue making Louisville a healthier place for all its citizens."

In January, Mayor Fischer appointed a seven-member search committee to replace Dr. Adewale Troutman who left Louisville last year for a new position at the University of South Florida's College of Public Health. The search committee included William Altman, Chair of the Louisville Board of Health. Altman said, "Based on my interactions with Dr. Nesbitt, we have found a leader who not only can continue the momentum we have, but bring to Louisville fresh ideas and energy to make us world class in public health and health equity."

"Louisville is a wonderful city, but one with significant health challenges. I look forward to working with community leaders and partners to continue making Louisville a healthier place for all its citizens."



Mayor Greg Fischer and Joe Jacobi, CEO of USA Canoe/Kayak and a former Olympic kayaking gold medalist, participate in the spring Mayor's Hike, Bike & Paddle.

Hike, Bike or Paddle on Labor Day! Monday, September 5

Thousands of hikers, bikers and paddlers will descend on Waterfront Park for this Mayor's Healthy Hometown event. Under Mayor Greg Fischer's leadership, boating has been added to the traditional hiking and biking activities. Memorial Day's Hike, Bike and Paddle was the most successful one ever with 8,000 bikers, 500 walkers and 200 paddlers participating. The Labor Day Hike, Bike and Paddle on September 5 will feature a new three-mile paddling course that will give canoeists and kayakers the option of heading up Beargrass Creek as far as the MSD pumping station at Brownsboro Road or staying on the Ohio River and paddling through the land-side channel of Towhead Island.

For cyclists, a 15-mile route will take you from Waterfront Park west to Shawnee Park, one of Louisville's signature Olmsted-designed Metro Parks. Turnoffs will provide options for cycling routes as short as two miles.

The hiking route, which is wheelchair-accessible, will allow walkers to explore eastern sections of Waterfront Park and enjoy scenic views of the river. The Hike, Bike & Paddle will feature free t-shirts while supplies last, helmet fittings, paddle sport demonstrations, children's activities, music, food and information booths.



Kentucky Updates School Immunization Requirements



Parents should make sure that their children heading back to school or daycare have all the necessary immunizations! The first changes in almost a decade to Kentucky’s childhood immunization schedule went into effect on July 1.

There are four major changes, two affecting younger children and three affecting older children.

- Age appropriate, **Pneumococcal Conjugate vaccine** (PCV), will be required for children up to five years of age. This helps to prevent bacterial pneumonia and meningitis in children.
- A second dose of **varicella** will be required for kindergarten and sixth grade entry.
- Children entering sixth grade who are age 11 or older are now required to get a dose **Tdap vaccine** to prevent whooping cough as well as tetanus and diphtheria.
- Children entering sixth grade are also required to get a dose of **meningococcal vaccine** to prevent most types of meningococcal disease including meningococcal meningitis.

Not required in the Kentucky immunization schedule but certainly recommended are flu vaccinations for children 6 months of age and older and HPV vaccine for girls ages 11 and older.

While these are significant changes in requirements for day care, Head Start and school, the vaccines are actually not new. The new certificate is catching up to what have been standard CDC recommendations for several years. Most pediatricians in the community have already been giving these vaccines.

The new school requirements are available at the Kentucky Legislature Website at: <http://www.lrc.state.ky.us/kar/902/002/060.htm> or by contacting the Metro Department of Public Health and Wellness at 502-574-5303.

Rock-n-Relax Allows Moms to Breastfeed at the State Fair

For the eighteenth straight year, the Metro Department of Public Health and Wellness and Baptist Hospital East sponsored “Rock n Relax” at the Kentucky State Fair. “Rock n Relax” is a private well-furnished area in the South Wing Kidz Biz area of the state fair where moms can breast feed their babies in quiet and comfort. “Rock n Relax” also provides a spacious infant diaper changing area and educational materials on breastfeeding.



Nurses of the Year

The Metro Department of Public Health and Wellness has named its “Nurses of the Year” for 2011. Each year the department names a winner in both the Clinical Nurse and Outreach Nurse categories.

The 2011 winner in the Clinical Nurse category is Carolyn Blair, RN. Carolyn joined the department in 1992 and works in the Kentucky Women’s Cancer Screening Program. Carolyn works with women who are being screened and treated for breast and cervical cancer. During her career in public health nursing, Carolyn has also worked as a primary health clinic nurse, a case management nurse and a tuberculosis clinic nurse.

The winner in the Outreach Nurse category is Latacha Stallard, RN. Latacha, who joined the department in 2007, is a case management nurse in the Healthy Start program. Latacha performs home visits in west Louisville neighborhoods advising



Carolyn Blair, RN and Latacha Stallard, RN

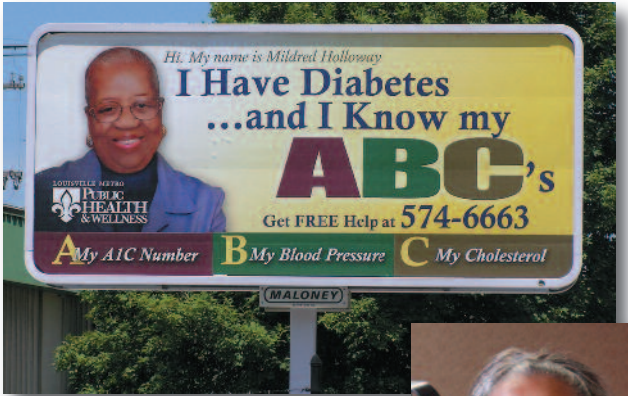
pregnant women on how to have a safe pregnancy and a healthy baby. After the birth of the child Latacha continues to work with the family until the child reaches age two. The infant mortality rate – the rate at which children die before their first birthday - is more than two and a half times higher in west Louisville than it is in the city as a whole. Healthy Start aims to lower the infant mortality rate in these neighborhoods by making sure that women receive good prenatal care and that young children get needed care at the earliest stage of life.

“Know Your ABCs” to Control Diabetes

Mildred Holloway first learned she had type 2 diabetes when she took a retirement physical in 2001. Rosetta Robinson learned she had the disease when her blood pressure fell so quickly one day that she felt like she was “hit by a Mack truck.”

Mildred Holloway and Rosetta Robinson are the stars of a Public Health and Wellness campaign to encourage people to take control of their diabetes. The campaign urges people to know their **ABCs** - their **A1C** number, an average measurement of blood sugar, their **Blood** pressure number, and their **Cholesterol** number. Holloway and Robinson, both west Louisville residents, have recorded radio spots on stations such as Magic 101.3 FM and WLOU Gospel Radio. They also appear on billboards and on bus shelters that encourage people to phone Public Health and Wellness at 574-6663 to get a free A1C test kit and a diabetes class schedule.

Type 2 diabetes occurs when the body stops producing enough insulin or the cells ignore the insulin. It is the most common type of diabetes, and its complications can include stroke, kidney failure, nerve damage,



Mildred Holloway and Rosetta Robinson are encouraging people to take control of their diabetes.

amputation and vision problems, including blindness. “Hopefully people will find out and keep up with the ABCs so they can stay healthy,” said Holloway who also participates in Active Steps for Diabetes, a joint Bellarmine University-Public Health and Wellness initiative that helps people with diabetes exercise and monitor their diabetes.



Join the Louisville AIDS Walk September 25

The 19th annual Louisville AIDS Walk will be held Sunday September 25. Live entertainment, food, registration and team photos begin on the Belvedere at Fifth and Main at 1:00p.m. The walk begins at 3:00 p.m. One hundred percent of the AIDS Walk proceeds are distributed to local AIDS organizations providing critical services to people with HIV/AIDS. For more information or to register, visit www.louisvilleaidswalk.org or call 502-938-WALK.



“Recent data indicate up to 83 percent of Americans favor menu labeling and Americans eat out an average of four times per week. We believe our



Dan Huckestein of Yang Kee Noodle installs a new menu board showing the calorie count of each item.

Any restaurant in Louisville with fewer than 20 locations may take advantage of the financial help and free technical assistance. Restaurants wishing to participate should contact Patrick Rich at 502-574-6690.

Parks and Police Teach Bike Safety

The classes are taught by Certified League Cycling Instructors (LCIs), individuals who have undergone intensive training to become certified as bicycle safety



Louisville Metro police officers teach bike safety in the Portland neighborhood.

educators. Louisville Metro Police officers patrol targeted areas on bikes and hand out educational material to youth who are not following the rules of the road. These children are then referred to the bicycle safety classes.

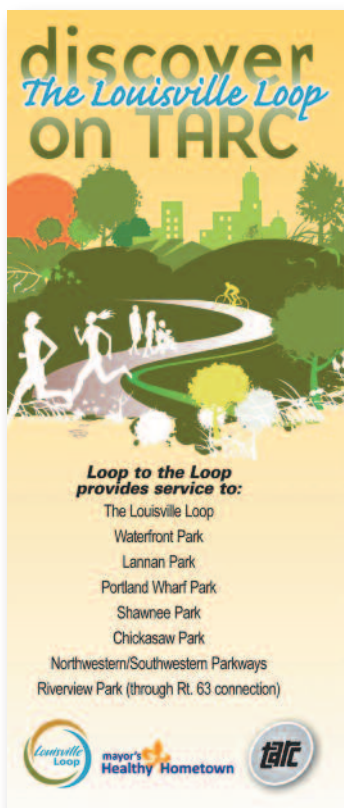
Teens Advocate for Healthier Neighborhoods



Members of the Louisville Youth Advocates at a policy development and advocacy training session.

The Louisville Youth Advocates, comprised of approximately 50 young people ages 14 to 18, is supervised by staff of the YMCA of Greater Louisville with funds provided by the Metro Department of Public Health and Wellness from the federal Communities Putting Prevention to Work grant that Louisville was awarded in 2010.

In late fall, the Louisville Youth Advocates expect to present their findings and recommendations to the Louisville Metro Council. For more information or to join the Louisville Youth Advocates, phone Sasha Belenky at **502-498-6342**.



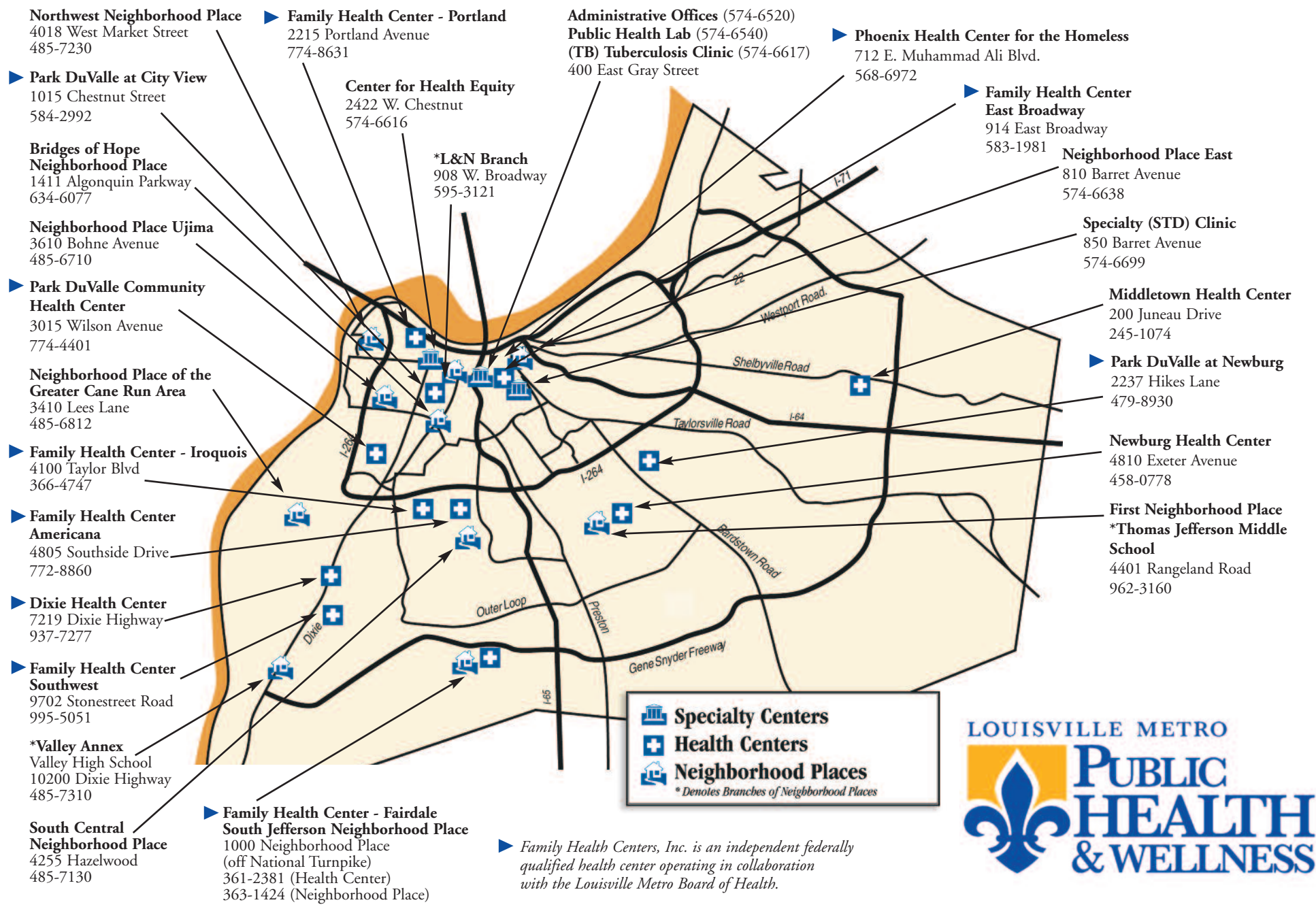
Take TARC to the Parks

More people will be able to enjoy walking and biking along the Louisville Loop thanks to a new weekend bus route. Specially marked and painted TARC buses will travel in a loop on weekends through a dozen neighborhoods, with stops at points along the Louisville Loop and several Metro parks. The new service is funded through the federal *Communities Putting Prevention to Work* grant. Learn more about bus routes, fees and schedules at www.ridetarc.org.

Mayor Greg Fischer announces the TARC Loop the Loop initiative.



Public Health & Wellness Department, Family Health Center and Neighborhood Place Sites



FREE Flu Shots to be Given in Schools

School Campaign Begins **October 13**
Flu Shots at Community Sites Begin **September 1**

The Metro Department of Public Health and Wellness will offer flu shots free of charge to students at all Jefferson County Public Schools this year. The nine-week campaign will begin on October 13 and run through December 9.

This is the third year that the department has offered flu vaccinations in schools. Kosair Children's Hospital will contribute nurses for this year's school campaign through its Children's Hospital Foundation Office of Child Advocacy.

Community Clinics

Beginning September 1, flu shots will also be available by appointment to everyone six months and older at four community sites. Call the clinic site at the phone number listed below to make an appointment.

Dixie Health Center
7219 Dixie Highway
502-937-7277

Neighborhood Place East Health Center
810 Barret Avenue
502-574-6638

Middletown Health Center
200 Juneau Drive
502-245-1074

Newburg Health Center
4810 Exeter Avenue
502-458-0778

There will also be five walk-in community flu clinics. No appointments are necessary for these clinics. The schedule is as follows:

September 15 - 9 a.m. to noon
Middletown Health Center - 200 Juneau Drive

September 16 - 9 a.m. to noon
Newburg Health Center
4810 Exeter Avenue

September 23 - 9 a.m. to noon
Dixie Health Center
7219 Dixie Highway

September 27 - 11 a.m. to 2 p.m.
Urban Government Center
810 Barret Avenue



October 4 - 9 a.m. to noon
NIA Center - 2900 W. Broadway

Immunizations at all sites other than the schools will be \$25 for injectable (shot) vaccine and \$25 for nasal mist. Pediatric preservative-free vaccine will be \$27.50 and high-dose vaccine for those age 65 older will be \$40. Passport and Medicare will cover the cost for individuals with those insurance plans. No one will be turned away because of inability to pay at the time of service.

Health & Wellness Schedule

DIABETES: SELF-MANAGEMENT SERIES

Taught by Certified Diabetes Educators. Attendance at all sessions in a series is strongly encouraged. Please arrive 15 minutes early for the first class. **Registration required.**

Kingdom Christian Church

2400 Hermitage Way - Thursdays, 5:00 - 7:00 p.m.

- Sept. 8 Diabetes Types, High & Low Blood Sugar, Sick Days
- Sept. 15 Diet & Exercise
- Sept. 22 Diabetes Pills & Insulin, Preventing Complications I
- Sept. 29 Preventing Complications II, Foot & Skin Care, Glucose Monitoring & Standards of Care

Louisville Metro Public Health & Wellness

400 E. Gray St., Forum - Saturdays, 9:00 a.m. - 3:00 p.m.

- Sept. 17 Diabetes Types, High & Low Blood Sugar, Sick Days, Diet & Exercise
- Sept. 24 Diabetes Pills & Insulin, Preventing Complications, Foot & Skin Care, Glucose Monitoring & Standards of Care

Highlands/Shelby Park Branch - Louisville Free Public Library

1250 Bardstown Rd. - Mondays, 1:00 - 3:30 p.m.

- Oct. 3 Diabetes Types, High & Low Blood Sugar, Sick Days
- Oct. 10 Diet & Exercise
- Oct. 17 Diabetes Pills & Insulin, Preventing Complications I
- Oct. 24 Preventing Complications II, Foot & Skin Care, Glucose Monitoring & Standards of Care

Portland Branch - Louisville Free Public Library

3305 Northwestern Pkwy. - Tuesdays, 2:00 - 4:30 p.m.

- Nov. 1 Diabetes Types, High & Low Blood Sugar, Sick Days
- Nov. 8 Diet & Exercise
- Nov. 15 Diabetes Pills & Insulin, Preventing Complications I
- Nov. 22 Preventing Complications II, Foot & Skin Care, Glucose Monitoring & Standards of Care

LIVING FUN AND FIT WITH DIABETES

Cook up some fun in this class! We will learn about healthy cooking methods and learn some new recipe ideas! Samples will be provided. Registration required, call 502-574-6663.

Shawnee Community Center

607 S. 37th St. - 1st Tuesday of every month: 12:00 - 1:00 pm
September 6, October 4, November 1 and December 6

ACTIVE STEPS FOR DIABETES

A FREE Innovative 10-week Program

- For people with Type 2 Diabetes who have trouble exercising due to pain or fatigue
- Healthcare professionals will advise and support you in managing your diabetes
- Weekly tips for managing diabetes including instruction in monitoring your blood glucose level planning, exercise, weight control, and medical care
- Low impact physical activity to help you manage your diabetes

Participants will receive FREE:

- blood sugar and cholesterol screenings
- physical fitness screenings
- diabetes self-management and exercise classes
- exercise equipment; including exercise bands, a pedometer, and a video
- charts for encouraging good eating and physical activity habits for managing diabetes
- \$20.00 gift card upon successful completion of program

WHEN: Tuesdays & Thursdays beginning Tuesday, September 6 through Thursday, November 10 from 11:30 am - 1:00pm.
WHERE: Park DuValle Community Health Center, 3015 Wilson Ave.
Advance registration required. Call 502-574-6663



Living Well Workshops

Do you have diabetes, arthritis, asthma, heart or lung disease, high blood pressure, cancer, pain, depression, or other on-going health conditions? The Living Well Workshop is a chronic disease self-management program where you can get support and learn how to manage your condition. Workshops meet once a week for 6 weeks. Participants who complete the workshop get a free 8-week membership to the YMCA of Greater Louisville! Workshops will be offered at various locations in Fall 2011.

For more information and to register for the **Living Well Workshop, call (502) 852-1804.**

Norton Healthcare Screenings - 502-899-6842

At low or no cost to program eligible individuals. If you have insurance, your insurer will be billed for mammography.

Friday, September 9th Shawnee Health Clinic

French Plaza
212 Amy Ave, 40211
2 pm - 7 pm
Mammograms, pap smears,
prostate, colon screening, blood
pressure and BMI

Saturday, September 10th Nehemiah Baptist Church

3336 W Kentucky St 40211
10 am - 2 pm
Mammograms, pap smears,
prostate, colon screening, blood
pressure and BMI

Wednesday, September 14th 3039 Breckinridge Lane 40220

Noon -5 pm
Kroger at McMahan Plaza
Mammograms, pap smears,
prostate, colon screening, blood
pressure and BMI

Saturday, September 17th Bates Memorial Baptist Church

Men's Conference
620 E. Lampson St. 40203
10 am - 2 pm
PSA only

Saturday, September 17th Zion Baptist Church

2200 Muhammad Ali Blvd 40211
11 am - 3 pm
Mammograms, pap smears,
prostate, colon screening, blood
pressure and BMI

Saturday, October 8th 319 Browns Lane

10 am - 2 pm
St. Matthews United
Methodist Church
Mammograms, pap smears,
prostate, colon screening, blood
pressure and BMI

Wednesday, October 12th 3165 South 2nd Street

Noon - 5 pm
Kroger at Cardinal Station
Mammograms, pap smears,
prostate, colon screening, blood
pressure and BMI

Saturday, October 22nd 5930 Six Mile Lane

Noon - 5 pm
YMCA of Greater Louisville
Mammograms, pap smears,
prostate, colon screening, blood
pressure and BMI

Friday, October 28th 5534 S. 3rd Street

10 am - 3 pm
He Vista La Luz
Mammograms, pap smears,
prostate, colon screening, blood
pressure and BMI

Saturday, October 29th 318 W. St. Catherine Street

10 am - 2 pm
4th Avenue
United Methodist Church
Mammograms, pap smears,
prostate, colon screening, blood
pressure and BMI

Wednesday, November 9th 9080 Taylorsville Road

Noon - 5 pm
Kroger
Mammograms, pap smears,
prostate, colon screening, blood
pressure and BMI

Wednesday, December 14th 520 N. 35th Street

Noon - 5 pm
Kroger
Mammograms, pap smears,
prostate, colon screening, blood
pressure and BMI

Cooper Clayton Smoking Cessation Programs

This highly successful program provides 13 weekly, one-hour sessions that include education, skills training, group support, and nicotine replacement therapy (NRT). Participants use NRT for 10 weeks; all 10 weeks are provided FREE. NRT will be dispensed on a week-to-week basis by the class facilitator. NRT approved for these classes are Nicoderm CQ patches, Nicorette Gum or Nicorette Lozenges. Dates listed below are start dates for each series. Once a series has begun, we cannot add additional members. All classes, educational materials, and NRT are provided free. Advance registration is required by calling 574-STOP (7867) or sending an e-mail to StopSmoking@louisvilleky.gov

September 8, 2011

Douglass Community Center - 2305 Douglass Blvd.
Thursdays, 6:30 p.m. - 7:30 p.m.

September 22, 2011

Family Health Center Portland - 2215 Portland Ave.
Thursdays, 6:00 p.m. - 7:00 p.m.

So you want to quit using tobacco products?

Here are more options:

Kentucky's Tobacco Quit Line – 1-800-QUIT NOW (1-800-784-8669)
A toll-free number that provides Kentuckians with support, information,



and referrals. Call now for help or to help someone in becoming tobacco free! Here is a Multi-Language Tobacco Cessation Quit Line! 1-800-784-8669 — Call. It's free. It works.

www.becomeanex.org

The EX quit smoking plan is all about you. The way to quit smoking is to re-learn everything you thought you knew about how to quit. Instead of just throwing your cigarettes out one morning and trying to stop smoking, you can use the free EX quit smoking plan to prepare yourself by "re-learning life without cigarettes." EX will help you pick your smoking habit apart into little pieces you can tackle one by one. Once you begin, you'll start to look at quitting smoking not as one huge war, but as a series of small battles you can actually see yourself winning. By the time you are ready to quit smoking, you'll be able to do more than just toss your pack in the trash and cross your fingers. You'll have already done a lot of the hard work. Visit www.becomeanex.org for more information or to enroll.

Breastfeeding Class Call 502-574-5279 to reserve a space!

All classes are FREE! Learn how to be successful at breastfeeding. Dates and times are subject to change, so please confirm your class.
Para clases en espanol, llame a Susana 502-541-9933 or Shannon 502-744-1242

Dixie Health Center 7219 Dixie Highway

1st Wednesday – 1:30 - 3:00 pm
Sep 7, Oct 5, Nov 2, Dec 7
Call to schedule appointment
502-744-1284 (Renee)

Newburg Health Center 4810 Exeter Avenue

2nd Friday – 3:00 - 4:30 pm
Sep 9, Oct 14, Nov 11, Dec 9
Call to schedule appointment
502-219-0682 (Elizabeth)

Family Health Center Fairdale 1000 Neighborhood Place

3rd Wednesday – 10:30 - 12:00 pm
Sep 14, Oct 19, Nov 16, Dec 14
Call to schedule appointment
502-744-1284 (Renee)

Neighborhood Place East 810 Barret Avenue

1st Tuesday – 1:30 - 3:00 pm
Sep 2, Oct 7, Nov 4, Dec 2
Call to schedule appointment
502-219-0673 (Sarah)

L&N Neighborhood Place 908 W. Broadway

2nd Wednesday – 1:30 - 3:30 pm
Sep 14, Oct 12, Nov 9, Dec 14
Call to schedule appointment
502-541-2569 (Jenell)

Family Health Center Portland 2215 Portland Avenue

2nd Friday – 3:00 - 4:30 pm
Sep 9, Oct 14, Nov 11, Dec 9
Call to schedule appointment
502-219-0673 (Sarah)

Neighborhood Place South Central 4255 Hazelwood Drive

2nd Monday – 5:00 - 6:30 pm
Sep 12, Oct 10, Nov 14, Dec 12
Call to schedule appointment
502-744-1242 (Shannon)

Middletown Health Center 200 Juneau Drive

2nd Thursday – 5:00 - 6:30 pm
Sep 8, Oct 13, Nov 10, Dec 8
Call to schedule appointment
502-219-0682 (Elizabeth)

Community Evening Classes BABIES R US 4623 Shelbyville Rd.

Tuesdays – 6:30 - 8:30 pm
Call for dates 502-896-9994
ext. 4 Baby Registry

Mammograms

By U of L Hospital, James Graham Brown Cancer Center. For women 40 years and older. No cost to program eligible women without insurance. If you have insurance, Medicare, or Medicaid, U of L Hospital will bill that insurer.

September 10th 8:30am - 3:30pm

Highland Park Baptist Church
3700 Shanks Lane
502-447-0055

September 15th 8:30am - 3:30pm

Wayside Hotel for the Homeless
120 West Broadway
502-568-6972

September 24th 8:30am - 3:30pm

Planned Parenthood of Kentucky
1025 S. 2nd Street
502-584-2471 ext.1235

October 21st 8:30am - 3:30pm

The Clifton Center
2117 Payne Street
502-574-1109

September 13th 8:30am - 3:30pm

YMCA/Chestnut St. Family Branch
930 West Chestnut St.
502-587-7405

September 16th 8:30am - 3:30pm

Cane Run Elementary School
3951 Cane Run Road
502-485-8193

October 11th 8:30am - 3:30pm

YMCA/Southwest Family Branch
2800 Fordhaven Road
502-933-9622

October 29th 8:30am - 3:30pm

First Baptist Church of Jeffersontown
10600 Watterson Trail
502-267-6121 ext. 0

September 14th 8:30am - 3:30pm

Glen Ridge Health Campus
6415 Calm River Way
502-574-3465

September 17th 8:30am - 3:30pm

Iroquois Manor Shopping Center
5330 South Third St.
502-852-6318
Spanish Translation Provided

October 12th 8:30am - 3:30pm

St. Catherine Court/Louisville
Housing Authority
1114 S. 4th Street
502-569-3425